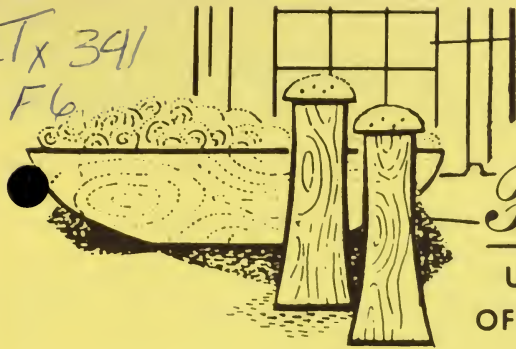


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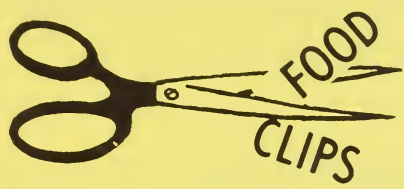
# Food and Home Notes

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Dried fruits stored in tightly closed containers will keep well at room temperature for several months, according to USDA research. (During hot, humid months, however, they should be refrigerated.)

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Did you know that most fresh, raw, unsweetened fruits contain fewer than 100 calories per serving?

\* \* \*

Need vitamin A? — serve cantaloupe or apricots. Dried apricots are a concentrated source of vitamin A.

\* \* \*

You should know — pitted sweet cherries cost more than unpitted ones — but, are more convenient to use. Canned clingstone peaches usually cost less than freestone peaches.

\* \* \*

Roll cream cheese balls in chopped walnuts or pecans — arrange with fresh fruit for a nutritious and attractive dessert.

## NATIONAL SCHOOL LUNCH WEEK

"Invite America to Lunch" is the National School Lunch theme this year. Many schools participating in this year's week-long activities, which begin October 12, will be inviting parents, civic leaders and school board members to come to school and have lunch with the kids.

National School Lunch Week is designated by Presidential Proclamation each year to increase awareness of the school lunch program and recognize the many people working together to make the program a success.

Schools participating in this year's National School Lunch Week will be serving the "All American Lunch" Wednesday October 15 — a cheeseburger, crispy potatoes, fiesta slaw, milk, and for dessert, chilled peaches.

An animated television spot encouraging students to eat school lunch will be broadcast during National School Lunch Week. The spot, featuring a camel and monkey, was developed cooperatively by USDA and the American School Lunch Food Service Association.

## IN-BETWEEN THE FARMER AND CONSUMER

### — PRODUCER AND CONSUMER COOPERATE

Marketing costs take a big share of the consumer's food dollar, so it's vital that these costs be held to a minimum if food prices are to stay within reasonable bounds.

For perishables like fruits and vegetables, keeping costs down and quality up is especially important. The risks of marketing are great for these products.

A Federal law — the Perishable Agricultural Commodities Act (PACA), helps to reduce the risks involved and to speed delivery of perishables. Administered by USDA's Agricultural Marketing Service, the PACA establishes a code of good business conduct for interstate marketers of fresh and frozen fruits and vegetables.

It also sets up machinery for preventing or settling the disputes that inevitably arise in this fast moving, heavy-risk business. PACA officials work with both buyers and sellers in mediating their disputes, often helping them to arrive at informal agreements promptly so that each load of produce can move without delay through marketing channels on to consumers.

More than 900 such informal "reparation" disputes were amicably settled during fiscal year 1975 (July 1, 1974 to June 30, 1975) resulting in payment of nearly \$6 million to the persons making claims. PACA officials also furnished producemen advice on their marketing transactions in more than 15,000 instances, enabling them to avoid disputes.

While most of the produce disputes handled by USDA are settled informally, some must be settled through a formal procedure and often a USDA order requires the buyer to pay the amount he owes the seller for produce purchased.



## HOMEOWNER'S BEWARE———PIPES DO FREEZE!

Water pipes freeze and burst every winter. But don't let this happen to you.

Weatherize your house now! You can insulate your pipes for permanent protection, according to a University of Kentucky Extension housing specialist. You can use insulation taping or tubing made especially for water pipes. You can even wrap them in layers of old newspaper, tying the ends shut, if need be-- then cover the newspapers with plastic.

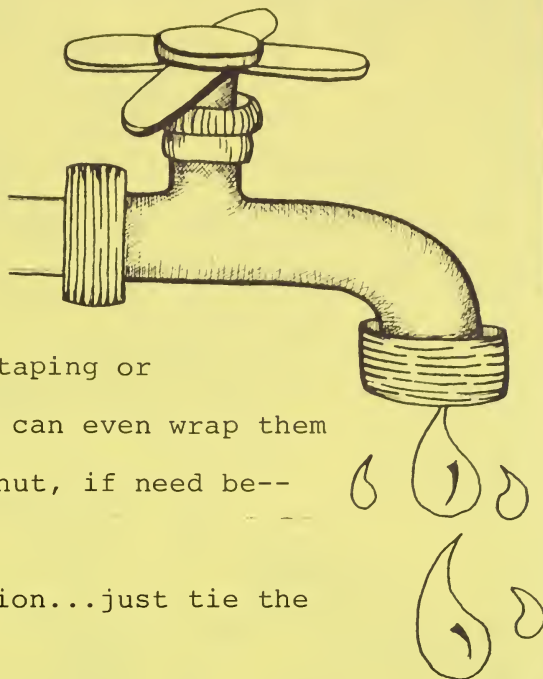
Or — you can wrap them in batt insulation...just tie the insulation around the pipes.

Or — you can wrap your pipes with special plug-in electrical heat tapes. These are thermostatically controlled and can be turned on in very cold weather. They work beautifully as long as the electricity isn't cut off for long periods of time.

For upright pipes in cellar or crawl spaces, you can circle pipes with overlapping tarpaper tubes about six inches in diameter and tie tubes closed with a string. If your pipes are horizontal ones you can do this also — but it is more difficult because they're usually close to the ground.

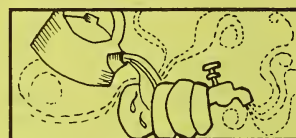
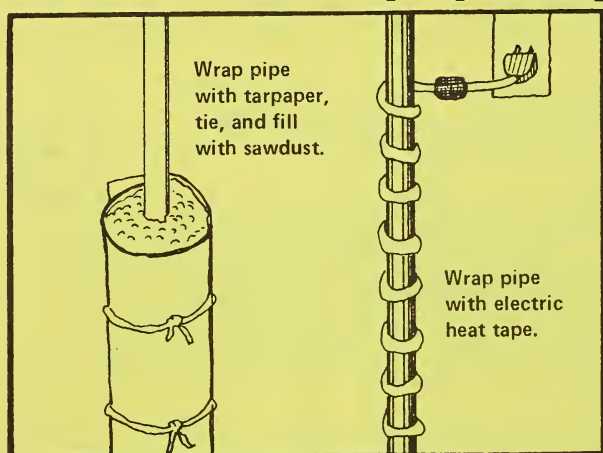
If your pipes freeze — open faucets wide. This gives expansion room to the frozen water and it may keep the pipes from freezing. If you're going to be away from home, turn off the water line to the house so you don't have a flood when the pipes thaw.

If your house has a drafty cellar or crawl space the sudden drop in temperature could cause freezing when you might not expect it. If you c down on the draft you can save a lot of problems — and energy.



## HOMEOWNER'S — (CON'T)

The longer the extra-cold weather lasts the more likely it is that your frozen pipes will burst. So if the weather report is "for more of the same", you'd better start thawing your pipes. Wrap the pipes with rags and pour hot water over the rags and be sure the faucet is open so steam can escape. Start with the faucet and work back, or pressure build-up could cause an explosion in the pipes. If you have to call a plumber, he will probably thaw the pipes with a special heat coil or torch. ( By Jay Hensley, University of Kentucky)



To thaw, wrap with rags, open faucet to let steam escape, and pour hot water over rags. Start at faucet end and work back.

## EASY CARE LEATHER

A new process for making fine garment leather in a wide range of colors that can be either dry cleaned or laundered has been developed by U.S. Department of Agriculture research chemists. The materials were produced by a new combination of processes. Even the strength and stretchability of the leather is believed to be greater by this process.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home notes, Room 535-A, Office of Communication/Press Service, U. S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.